



## Elbow Arthroscopy Removal of Loose Bodies Protocol

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### Initial Phase (Day of Surgery)

1. Begin gently moving elbow in bulky dressing

### Post-op Day 1 - 2

1. Remove bulky dressing and replace with gauze and ace wraps
2. Immediate post-op hand and elbow exercises
  - a. Putty
  - b. Stretch wrist flexors
  - c. Stretch wrist extensors
  - d. Wrist curls
  - e. Reverse wrist curls
  - f. Neutral wrist curls
  - g. Pronation
  - h. Supination

Goal: Full wrist and elbow range of motion

### Post-op Day 3 - 7

1. Passive flexion and extension of elbow
2. Begin progressive resistive exercises to elbow with 1 lb weight
  - a. Wrist curls
  - b. Reverse wrist curls
  - c. Neutral wrist curls
  - d. Pronation
  - e. Supination
  - f. Broomstick roll-up

### Intermediate Phase

#### Post-op Day 7 - 2 weeks

1. Continue progressive resistive exercise- 3 times daily
- Goal: To achieve working at 5 sets of ten repetitions with 5 lbs weight by gradually increasing from 1 lb weight at 5 sets of 10 repetitions and adding a 1 lb weight at 5 sets of 10 repetitions have been achieved

### Advance Phase

#### 4-6 weeks

1. Gradual return to sport

- a. Simulated activity in sport
  - b. Interval program
2. Maintenance strength and flexibility program-once daily